

Help with alcohol or drug misuse



Where can I get help with my drug or alcohol misuse?

If you are worried that you could be misusing drugs or alcohol speak to your GP.



They will be able to do an assessment and offer you treatment or refer you to a specialist service.



I'm worried about someone else

If you are worried about someone else who is misusing drugs or alcohol you should try and get them to see their GP.



You could also contact one of the national helplines like Drinkline, Drink Aware or Alcohol Change UK.

If you misuse all types of alcohol and drugs they will eventually affect your work, family life, friendships, health and finances.

Local support



Needle exchange

A confidential [needle and syringe programme](#) is available for anyone involved in injecting drugs.



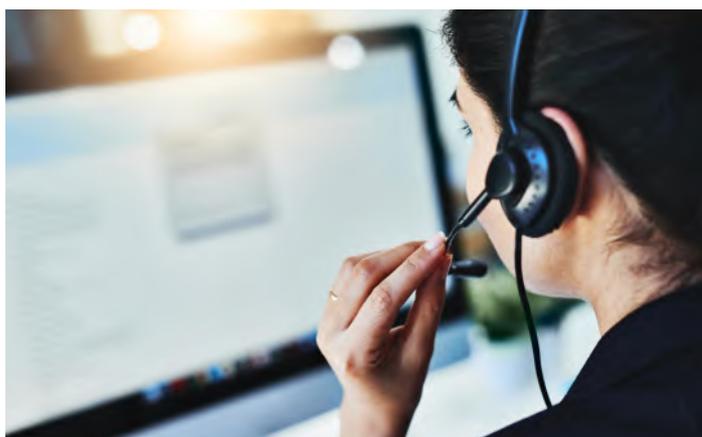
To find your local point of access please contact New Vision Bradford on 01274 296023.

You can also look at their website for a [map of local needle and syringe programmes in the Bradford District](#).



Treatment services

If your life is being affected you can get extra help that is easy to access. Speak to your GP and ask them to refer you.



You can also book an appointment yourself by calling the New Vision Bradford services on 01274 296023.

[They also have a secure online form where you can refer yourself or someone else.](#)

Young people



There is a specially made service for young people who are experiencing issues with drugs or alcohol use. It is called [ONE80 - Young Persons Drug and Alcohol Service - The Bridge Project](#).



To contact the service ask your GP or other professional like a teacher or youth worker to refer you.

You can also call them direct on 01274 745636.

You can find out more [online](#).

sort ▾ About Campaigns ▾ Projects Contact

Drugs & alcohol

Are you worried about drugs or alcohol? Would you like some support for yourself or someone you know?

It is important, where possible, for people to make positive choices regarding the use of any substance to improve health and wellbeing.



Help and support is available, so take time to have a look through these sections to find out what might work best for you.



Living Well

You can find support options for drug and alcohol on the [Living Well website](#).

What support is available to friends and family?



If you are affected by someone else's drug or alcohol addiction you can get extra support through [New Vision Bradford](#)



If you would like to speak to someone, you can also phone them on 01274 296023.



Please remember that all services are **confidential**. None of your information will be shared with anyone else unless there is a risk of serious harm to yourself or anyone else.

More support



**when it's less
urgent than 999**

NHS Helpline

Call 111 if the issue is not an immediate emergency and the local services including your GP are closed.

If you need urgent help, for example someone has taken an overdose, then ring 999.



Narcotics anonymous

Support for anyone with an addiction to drugs. The helpline is open 10am until midnight every day.

Call 0300 999 1212.



Cocaine anonymous

Support for anyone struggling with a cocaine problem. The helpline is open 10am to 10pm every day.

Call 0800 612 0225.

More support



Alcoholics anonymous

Support for anyone with an addiction to alcohol. The helpline is open 10am to 10pm every day. Call 0800 917 7650.



Drugfam

Support for families, friends and partners affected by someone else's addiction to drugs or alcohol.

They are open 9am to 9pm every day. Call 0300 888 3853.



OK Rehab

They specialise in local drug and alcohol rehab and addiction treatment. Call 0800 326 5559 or visit [OK Rehab](#)